



SPLASH! Newsletter of Worthing Swimming Club

Sponsored by JOHN WILDMAN & SONS – FAMILY BUTCHERS
2A Portland Square, Portland Road, Worthing Tel: 01903 238660

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www.worthingswimmingclub.org

April/May 2005

SWIMMING

Sussex County Championships & Age Groups

Well done to all those who qualified and swam at the Sussex County Championships and Age Groups. This year consideration times were set at a much higher standard than previous years, so all those that swam should be extremely pleased with their achievement, especially those that finished in the top 6 award winning positions. I am very proud of all those who swam.



Catherine Helmer, Laura Joseph, Amy Windibank and Karen Chan.



Amy Quach, Charlotte Barnett, Harleigh Goddard, Susannah MacDonald, Hannah Joseph, Karen Chan and Pascale Walters

Open Meets

There are many open meets coming up so keep your eyes on the Club notice board and website. See Dave Yeandle or Carol if you wish to enter. I will be recommending some of these meets to certain swimmers e.g. younger members and those swimmers unsure of what meets to enter.

Mayor's Charity Swimathon

This was the second year that I have helped at the event and I was impressed by the number of swimmers participating from Worthing Swimming Club.

Length Classes

In May there will be several changes affecting all length class swimmers. A detailed letter will be distributed to all lane swimmers explaining the changes.

Please note

It has been brought to the Club's attention that several swimmers, accompanied by parents, are changing in the areas where the wash basins and hand dryers are located. This is unacceptable as both male and female lifeguards have to clean and maintain these areas. So please use the cubicles or the multi change facilities. Thank you

Helen Brooke

I would like to say a big thank you to Helen Brooke for all her help on

Thursdays. Helen is well known in the County and has many years experience having coached National swimmers. So if it is your turn to swim with Helen please listen and take advantage of her help and knowledge.



Helen with some of the swimmers

Galas

As you should already know the Club have now moved up a division after last year's success in the Rother League. This means we will come across tougher opposition so keep working hard in training. Good luck.

Allan Tate
Head Coach



NOTE – CHANGE OF DATE

Please note the date of the Sussex League Gala 3, at St Bede's School has been changed to Saturday 16th July.

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PRE COMPETITION DEVELOPMENT SQUAD UPDATE

Since the last newsletter there have been a few changes to the set-up of the Pre Competition Development squad. This is the final stage of the implementation of the ASA National Plan for Teaching Swimming (NPTS). The first stages of the plan were introduced in May 2002 with the Non Swimmer Award Level 1 Class on Saturday mornings. The success of the plan has resulted in 20 swimmers, so far, representing the Club in galas. To help identify potential gala squad swimmers in the learner pool, and monitor their progress through the width classes into the length classes, the Club have appointed Dawn Osborne as Pre Competition Development Co-Ordinator. Dawn will be assisted by Fanny Chan. The criteria Dawn and Fanny will be applying to be part of the squad is for swimmers to attend sessions regularly on Tuesdays and Thursdays, be able to swim front crawl, backstroke and breaststroke with efficient technique, with basic technique in butterfly, as well as entering the Club's Age Group Competition and Championships. If any parent needs further clarification, please see Dawn or Fanny.

In May, there will be alterations to the set-up in the length classes. Swimmers will progress from the NPTS Award Level 12, into a new Lengths 1 where they will practise for the ASA Competitive Start Award and try to achieve the

Widths 8, when they have achieved entry time for Lengths 2. Unfortunately, the changes will mean swimmers who now swim in Lengths 6 for leisure or fitness will have to swim at 9:00pm on Tuesdays or Thursdays, or on Saturday mornings. Alternatively coaching sessions are available at the Aquarena, as are life saving sessions.



Fanny Chan and Dawn Osborne

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SESSION FEES

The Executive Committee of the Club have agreed session fees will remain unchanged from April. The fees have remained unchanged since **April 2000**.

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CONGRATULATIONS TO:

?? The gala squad who started their Sussex League programme with an impressive victory against Hastings Seagull and Atlantis. The Gala was held at the Aquarena and points were as follows.

Worthing	333 points
Atlantis	284 points
Hastings	258 points

The following swimmers represented the Club for the first time: - Joe Hazeldine, Jake Higson, Richard Lintern, Samuel Wildman and Amy Windibank. A full list of swimmers who took part, and their times, are on the Club website. The next Sussex League gala is on Sunday 16th April at Arun Leisure Centre, where we will be swimming against Bognor Regis and Hailsham.



Amy Windibank, Samuel Wildman, Joe Hazeldine and Richard Lintern.

?? Amy Quach and Joseph Butcher who have recently achieved the ASA Swimming Challenge Award, Level 2. These awards are practised at the session at Wadurs on Sundays.

?? Also congratulations to Ross Lecky, Eleanor Matthews, James Chipperfield and Zara Thatcher who have recently achieved the ASA Competitive Start Award.

?? Chris Luesley who achieved success at the Southern Counties Masters Championships on Saturday 29th January, at Crystal Palace. Chris finished 2nd in the 50m Freestyle in 28.02, 1st in the 50m Backstroke in 34:37, 4th 100m Freestyle 1:03:39 and 1st in the 100m Backstroke in 1:15:84.



Chris Luesley

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AGE GROUP COMPETITION

Entry forms for the Age Group Competition are now available. These must be returned by the 28th April. No late entries will be accepted.

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GAVELS

Sid Phouang, one of the Club's instructors, has made and presented to the Club 3 gavels of varying sizes. They replace the previous Club gavel that was 'misaid' by a past member of the Club. Many thanks to Sid for finding the time to make the gavels, the quality of which will ensure their use at Club meetings for many years.



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MAYORS CHARITY SWIMATHON

The 7th annual Mayor's Charity Swimathon took place on Saturday

26th February. The event was a great success attracting approximately 100 swimmers, with the Club well represented. Congratulations must go to Jade Tate for her magnificent 372 lengths, a distance equivalent to 8 miles, and to Alastair Hardinge who swam 338 lengths.

Other Club swimmers who did well included Rianna Poppeliers 230 lengths, Natalie Smith 202 lengths and Alison Martyn 200 lengths. Many thanks to all those who helped on the night.



Alastair Hardinge and Jade Tate

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ST BARNABAS HOSPICE

The Club will be donating approximately £1,000 to St Barnabas Hospice to part fund the cost of new curtains for their day room. The amount will be made up of money raised by the Smarties Challenge, the fund held by the Club in memory of Arthur Barnett, who was patron of the Club from 1984 until his death in 1999, and Club funds.

Arthur or Barney as he was known, became the Club's first Director of Training, a position he held for 38 years, until he retired in 1989. During the early 1950's Barney was one of the Club coaches responsible for the success of Angela Barnwell in being selected to represent Great Britain for the Olympics at Helsinki in 1952, at which she finished 8th in the final of the Women's 100m Freestyle.

Barney was also President of the Club in 1970 and 1971 and again between 1981 - 83.

A former Headteacher and Vice Chairman of West Sussex County Council, Barney played a significant part in the post war success of the Club. His wise council and depth of experience was of great value to all who knew him. His memory is always remembered at every Club AGM. Further details of the presentation will be in the next newsletter.

**Peter McCallum
Chairman**

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CALENDAR FOR APRIL/MAY

Sun 16th April – Sussex League, Gala 2, Bognor Regis.

Sat 30th April – SCASA Youth Championships, Crystal Palace.

Sun 1st May – SCASA Youth Championships, Crystal Palace.

Mon 2nd May – SCASA Youth Championships, Crystal Palace.

Sat 7th May – Worthing SC Age Group Competition - Gala 1, Lancing College.

Sat 14th May – Rother League – Round 1, Bracknell.

Sun 15th May – SCASA Age Groups & Youth Championships, Crystal Palace.

Sat 21st May – Worthing SC Age Group Competition – Gala 2, Lancing College.

Open Meets

Sun 3rd April – Havant & Waterlooville SC Open Meet, Waterlooville.

Sun 24th April – Littlehampton SC Open Meet, Portsmouth.

Sun 29th May – Bognor Regis SC Open Meet, Bognor

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NEW SWIMSUITS

The Club are planning to introduce new swimsuits in the next few months. They will be considerably cheaper than the existing swimsuits and all members of the gala squad will be expected to wear them at Club galas. Details of design etc will be available soon.

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EASTER RAFFLE

The winning tickets are as follows:-

Yellow	819
Green	184
White	654
Yellow	730
Yellow	828
Green	176
Orange	82

Green	45
Green	46
Green	65
Green	211
Blue	456
Yellow	803
Yellow	792



Some of the super prizes on offer

The Social Committee would like to express their thanks to Tina Redman for her hard work in selling the tickets. Please collect your prize ASAP from the Club Shop or see Tina.

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CLUB SHOP

Help is required with running the Club shop on Tuesday and Thursday evenings. If interested please see Phil Hart.

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RESULTS

Cranleigh SC 'B' Open Meet, Sunday 30th January.

The following swimmers won awards:- Tobias Coomber, Alexander Cranford, Alastair Hardinge, Tara Osborne, Emma Piper, Rachel Piper, Claire Redman and Amy Windibank.

Portsmouth Northsea SC Open Meet, Sunday 23rd January.

The following swimmers took part: - Kevin Chan, Georgina Higson, Jimmy Phouang, Rianna Poppeliers and Florence Scordoulis.

Full lists of the results of these Open Meets are on the Club website.

www.worthingswimmingclub.org

Sussex County ASA Long Distance Championships - Sunday 6th February, Bognor Regis.

Full results are available on the County website as are the results of the County Championships and Age Groups

www.sussexswimming.org

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SMARTIES CHALLENGE

The latest winner of the Smarties Challenge is Katie Goulder. Katie filled the most tubes (16) with the most money (£66.04).



Katie receiving her prize

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AND FINALLY....

The Club's oldest member, Tessa Sprange, has recently become a Great Grandmother. Congratulations on the birth of Great Granddaughter Jasmine.

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ISSUE 19

All copy for the June/July issue of the newsletter must be with Rowland Gibson no later than Thursday 19th May.